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Annual Report 1972

Alberta
ALCOHOLISM AND
DRUG ABUSE COMMISSION

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DEPARTMENT OF HEALTH AND SOCIAL DEVELOPMENT

OFFICE OF THE MINISTER

EDMONTON, Alberta
October 30, 1972

TO HIS HONOUR,

The Honourable Dr. J.W. Grant MacEwan,
Lieutenant Governor of the Province of Alberta.

Sir:

I have the honor to present the Annual Report required by Section 12(2), of the Alberta Alcoholism and Drug Abuse Commission Act.

Neil Crawford
Minister

ALBERTA ALCOHOLISM AND DRUG ABUSE COMMISSION

OFFICE OF THE EXECUTIVE DIRECTOR

EDMONTON, Alberta
October 30, 1972

HONORABLE NEIL CRAWFORD
Minister of Health and Social Development

For the Alberta Alcoholism and Drug Abuse Commission the year in question was difficult. One of reorganization and reorientation as a new Board under changing Chairmanship and new senior staff began the task of implementing a broadened program according to the mandate of The Alcoholism and Drug Abuse Commission Act passed in 1970. This Act required the Commission to address itself to problems arising from the abuse of varied drugs as well as continuing its alcoholism program. Alcoholism continues to be the major drug problem in Alberta.

Under the recently appointed Chairman, Dr. Donald Rees, the Commission is currently being brought up to full strength and the Commission programs being extended and strengthened.

The Commission objectives are to coordinate, promote and/or provide preventive and rehabilitative services for Albertans dependent on alcohol and other drugs. The Commission program includes out-patient and in-patient treatment services as well as education, professional training, community resource development, and research components.

Out-patient services are available in Edmonton, and Calgary, with smaller clinics operating in Lethbridge and Red Deer. Henwood provides a 28-day in-patient treatment program for alcoholics and a limited number of drug abusers. In addition Henwood provides the setting for a one week community and professional training course, available for any interested community leader or professional in Alberta. Henwood is increasingly developing as a University student affiliation centre, for example, various hospitals are now using it as part of their nurses affiliation program.

Various kinds of agency support, professional training and community workshops and seminars are provided by the Commission education and community services personnel. The Commission has been providing alcoholism counselling services for the Attorney General's Department at its Belmont, Spy Hill, and Lethbridge institutions. The Commission has also played a major role in staffing the Attorney General's driver improvement program.

Earlier this year the Commission on extremely short notice, stepped into a very difficult situation when they took on the treatment of heroin addicts through the establishment of a Methodone Clinic in a facility located near the Royal Alexandra Hospital.

William J. Wacko
Executive Director

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RED DEER CLINIC

Programs

The most noteworthy program was the cadet training program at Air Force Base, Penhold. The result of this program was the development of a cadet handbook, designed and printed by the Canadian Cadet Organization and used throughout Canada as an information brochure for all Canadian air cadets. During the summer 230 cadets went through the Penhold program.

Three large seminars were held that included school students and parents of both separate and public schools. In these large seminars, usually a member of the RCMP, a clergyman, doctor were involved. The coordination and hand-out material was supplied by the Commission.

Another major area of thrust was the involvement of other agencies in Red Deer and Central Alberta in the direct delivery of treatment of the alcoholic patient on their caseload with consultation and case conferencing being offered by the Commission staff. This has, in most cases, proven to be very efficient.

Involvement in A.A.

There was very close involvement in Alcoholics Anonymous not only in the City of Red Deer itself, but throughout Central Alberta.

A.A. is also one of the highest in our referral list into as well as out of, the clinic.

EDUCATION AND COMMUNITY SERVICES - EDMONTON

The major thrust of community services in Edmonton has been in industrial and nursing student services and in community workshops and agency liaison in the northern region. Community services has visited places such as Peace River, Grande Prairie, Fahler, Vermilion, High Prairie, Slave Lake, Athabasca and Fort McMurray. Help has been given to Native Counselling Services as well in this region.

THE EDMONTON OUT-PATIENT CLINIC

This clinic provides the most comprehensive out-patient treatment and prevention program for Alcoholics and their families of

any known similar service.

Treatment Services and Program

The medical department was staffed by one half-time medical physician and two full-time nurses. They are experienced and skilled in assessing and treating withdrawal symptoms and concern themselves with the general health of patients. Where complications arise patients are referred to specialists or the general hospitals. Only about one per cent of our patients require hospital care.

Hospital Visiting Program

One counselor has been involved half-time in visiting patients in the hospital at the request of doctors and social service departments. The counselors efforts have been directed towards helping the patient understand his problem and make realistic plans for on going treatment either at the Out Patient Clinic or Henwood. Hopefully this service will reduce the revolving door type admissions to hospital. The Counselor is also used by the Royal Alexandra Social Service department as a consultant on family problems where alcoholism is involved. Also, short weekly seminars were conducted for small groups of nurses.

Counseling

The counseling staff consists of a supervisor, six full-time and two half-time counselors, four of whom are also involved as group therapists.

Groups

Groups are mainly conducted by regular staff. Two group therapists on a fee for service have also been employed.

Information

A series of six sessions twice weekly for three weeks repeated continuously throughout the year. These groups provide basic information about Alcoholism and includes lectures, films and discussion. One session is devoted to AA and is conducted by an AA member.

Relaxation Therapy

This technique teaches patients to relax themselves without resorting to alcohol or drugs and has proven very effective.

Evening Discussion

On problems in living and communication, semi-structured with buzz groups. This group is designed to help the patient and spouse socialize more comfortably without alcohol or drugs.

Couples

These are closed groups attended by five to seven couples each and conducted by a therapist and co-therapist.

Closed Therapy

This group is for patients who have difficulty expressing their feelings or developing intimate relationships.

Wives

A large number of wives of alcoholics requesting information on how to help their husbands or how to solve their own and their children's problems resulting from Alcoholism. No more important preventive service is performed by the clinic than these groups provide.

Family Life Series

In line with efforts to use outside services where ever possible the Family Life Education Council of Edmonton was invited to conduct a six session series for selected patients and their spouses. The success of this experiment was so great that it is now a permanent program. Two staff were involved and received excellent training. The total cost was paid by the patients themselves.

Alateen

A member of Al-Anon conducts a regular evening group at the clinic.

HENWOOD

The treatment program at Henwood remained fairly steady and unchanged during the year, and was running at about 70 per cent capacity. However, during this period, the Education and Community Services, part of the Henwood program was greatly expanded to include specific training for Student Nurses, Corrections personnel and various Community projects.

The first and second annual Industrial Seminars for Labour and Management were conducted at Henwood in April 1971 and March 1972, and as a result of the Seminars the number of people being referred for treatment have gradually increased and the various Labour Unions have established a trust fund to assist any member who is receiving treatment at Henwood.

The Correctional Division of the Department of the Attorney General set up a policy whereby individuals incarcerated in Provincial Institutes are able to serve the last month of sentence at Henwood and

receive the benefits of the treatment program. In addition, individuals convicted as second offenders on Impaired Driving are given the option of spending 28 days at Henwood instead of the mandatory 14 days incarceration at one of the Provincial Correctional Institutes.

A pilot project involving ex-patients and members of local A.A. groups was initiated, whereby these individuals would be volunteers assisting in the Rehabilitation program.

The first affiliation program with Schools of Nursing was established with the Misercordia Hospital in Edmonton with anticipation of gradually expanding to include other Hospitals and Schools of Nursing. This program included a one week live-in situation for two students.

Practicum placements were continued in Association with the Northern Alberta Institute of Technology and Grant McEwan College and involved five students from these two centres.

In conjunction with a Committee established by the Preventive Social Services Director in Vermilion, a three day Seminar involving twenty Henwood staff, was carried out in Vermilion. This week-end Seminar involved about 800 people from the Community. Archer Tongue, Director of International Counsel on Alcohol and Addiction, was a guest.

TREATMENT SERVICES, CALGARY

There was a definite emphasis over the last year on innovation and expansion within our group programming. A group for married couples was re-instituted as well as a group which focusses on self-assertion was initiated. In response to a need, a group was initiated to provide a "link" between Clinic services and Alcoholic Anonymous.

The past year our staff have been active in agency cooperation and coordination. The Alcoholism Counsellor from the Attorney General's Department has been provided with an office in our Treatment Clinic. He in turn has carried a case load and shared in the leadership of the morning group with a Commission nurse-counselor.

Counseling and consultation services to patients, staff and committees have been provided to all major hospitals, other support services such as Mutchmore Place, Riverside Villa, Trinity Industries and other agencies.

With respect to the Commission's alcoholism program at the Calgary Correctional Institute; two alcoholism counsellors have a voluntary program which consists of individual interviews and group therapy sessions. In addition to the program within the jail, a group of men are taken to the Alano Club one evening a week to an AA meeting by a counsellor. A number of men on day parole go each day to Trinity United Industries, a self-help program for recovering alcoholics, which is part of the Social Orientation Services.

METHADONE CLINIC

During 1971, an Advisory Board from concerned groups and agencies was established to act in a consulting capacity to the A.D.A.A.C. in the institution and operation of methadone programs in Calgary and Edmonton. Rather precipitately January 21st, 1972, the Commission took over the existing Edmonton program commencing operation from the Administration Building at 9929 - 103 Street with two staff members and two part time doctors. A private practitioner already involved in methadone treatment, was of invaluable support and continues to be actively involved with the Clinic.

Patients seeking admission to the program are screened for suitability by the staff according to criteria set down by the Committee. Data on each person is then presented to a three man admissions committee which has the sole responsibility for admitting patients to the program.

The program complexion is changing as it gains acceptance by the narcotic users to include modes of treatment other than methadone such as counselling and education of groups of workers in the allied fields.

ALBERTA ALCOHOLISM AND DRUG ABUSE COMMISSION

Statistical Report for 12 months ended
December 31, 1971, except where indicated

TABLE #1

CASELOAD

	NEW PATIENTS		RETURNED PATIENTS		Patient Total	Relatives and Others	Caseload TOTAL
Brought Forward from December 31, 1970							1,040
	Male	Female	Male	Female			
Calgary Out-Patient	545	141	398	100	1,184	355	1,539
Calgary Corr. Inst.	247		80		327	1	328
Edmonton Belmont	270		33		303		303
Edmonton Day Clinic	463	40	448	47	998	29	1,027
Edmonton Out-Patient							2,366
Edmonton Methadone Clinic	659	151	713	192	1,715	651	196
Henwood	418	97	49	12	576	143	719
Lethbridge Centre	46	8	4		62		62
Lethbridge Corr. Inst.	69		12		81		81
Red Deer	42	6	29	3	80	30	110
TOTAL	2,759	443	1,766	354	5,326	1,209	6,731
TOTAL ANNUAL CASELOAD AS AT DECEMBER 31, 1971 (includes relatives & others)							7,771

TABLE #2

MEDICAL INTERVIEWS

	Doctor-Patient	Nurse-Patient	Total
Calgary Out-Patient	329	2,687	3,016
Edmonton Day Clinic	58	601	659
Edmonton Out-Patient	402	3,135	3,537
Henwood	2,086	2,789	4,875
Red Deer	71	67	138
TOTAL	2,946	9,279	12,225

Red Deer Centre has a special arrangement with the Red Deer General Hospital for medical interviews.

TABLE #3

COUNSELLING INTERVIEWS

	INDIVIDUAL		JOINT		
	Patients	Relatives & Others	Patients	Relatives & Others	TOTAL
Calgary Out-Patient	3,716	472	387	6	4,572
Calgary Corr. Inst.	2,049	138		1	2,188
Edmonton Belmont	635	17	2	8	662
Edmonton Day clinic	1,538	52	18	7	1,615
Edmonton Out-Patient	4,276	1,251	579	37	6,143
Lethbridge Centre	251	224	3	27	505
Lethbridge Corr. Inst.	248	50			298
Lethbridge Police Cell					219
Red Deer	266	147	18	13	444
TOTAL:	12,979	2,351	998	99	16,646

TABLE #4

GROUP THERAPY

	Patients	Relatives & Others	Total	No. of Sessions	Total Attendance at Sessions
Calgary Out-Patient	620	154	774	133	1,456
Calgary Corr. Inst.	958		958	267	2,948
Edmonton Belmont	780	113	893	500	4,252
Edmonton Day Clinic	991	2	993	250	3,576
Edmonton Out-Patient	1,144	1,151	2,295	447	6,569
Henwood	821	226	1,047	4,878	23,169
Lethbridge Centre	8	43	51	15	136
Lethbridge Corr. Inst.	159		159	52	430
TOTAL	5,481	1,689	7,170	6,542	42,536

Methadone Clinic figures are for 6 months of operation since January, 1972.

Lethbridge has been in operation since June 15, 1971 only.

TABLE #5

STAFF

Mr. W.J. Wacko - appointed Executive Director July 1, 1971

Mr. N.E. Birch - appointed Regional Director, Calgary, September 8, 1971

Mr. J. Skirrow - appointed Research Associate, November 1, 1971

Mr. R.N. Hubbard - appointed to act as supervisor of the new Commission office in Lethbridge, May 1, 1971

Service allotted to Attorney General's Department:

Mr. A.A.W. Parrish - Counsellor, Spy Hill, Calgary (C.C.I.)

Mr. S. Hutton - Counsellor, Spy Hill, Calgary (C.C.I.)

Mr. J.H. Rideout - Counsellor, Belmont Rehab. Inst. Edmonton

Mr. S. Myers - Counsellor, Belmont Rehab. Inst. Edmonton

Mr. N. Calvert - Counsellor, Belmont Rehab. Inst. Edmonton

TABLE #6

BUDGET

Approved budget April 1, 1969 to March 31, 1970	$ 942,240.00
Approved budget April 1, 1970 to March 31, 1971	1,015,300.00
Approved budget April 1, 1971 to March 31, 1972	1,200,000.00

Approximate budget distribution: April 1, 1971 to March 31, 1972

Administration	6 per cent	$ 72,000.00
Research	4 per cent	48,000.00
Treatment	40 per cent	480,000.00
Education-Comm. Serv.	17 per cent	204,000.00
Henwood	33 per cent	396,000.00
		1,200,000.00

TABLE #7

FUNDING OF OTHER AGENCIES

Grants totalling $141,342.00 were made to the undernoted for the continuation of their work in the rehabilitation area.

Trinity Industries, Calgary

Drug Information Centre, Calgary

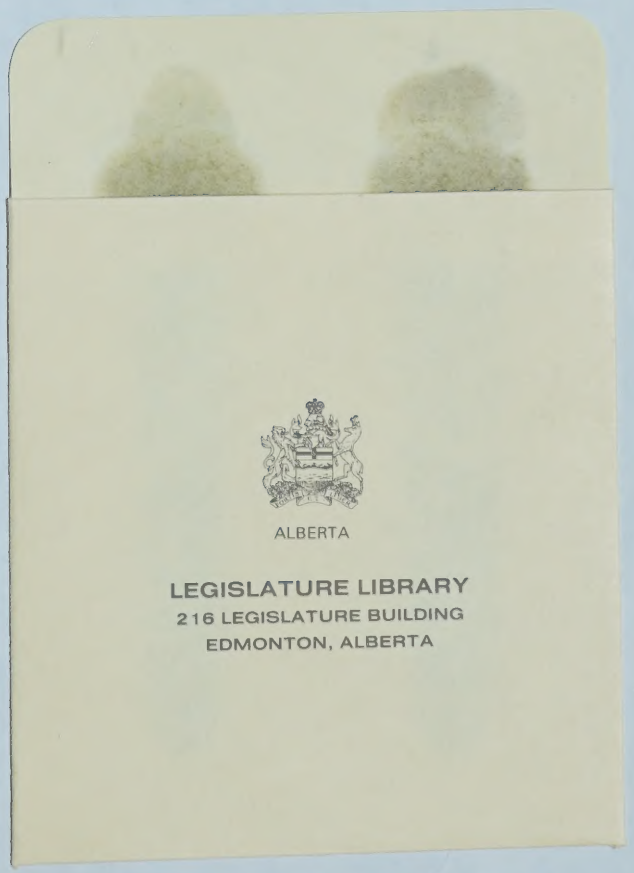
Alcohol and Drug Education Assoc. of Alberta, Calgary

Social Orientation services, Edmonton

Native Counselling Services, Edmonton

Trust Drug Crisis Centre, Edmonton

Dr. J.A.L. Gilbert, U of A, Edmonton, Research Grant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